

Ginger Orange Muffins

Makes: 12 servings

Ingredients

2 cups Gingerbread Mix
1 cup bran cereal
1 egg (slightly beaten)
1/2 cup milk, 1%
1/4 cup orange juice concentrate
1/4 cup molasses
1/4 cup vegetable oil
1 teaspoon orange peel (grated)
1/4 cup raisins (optional)

Directions

1. Preheat oven to 350 degrees.
2. Combine the [Ginger Bread Mix](#) (see other recipe in this database) and bran cereal in a bowl.
3. Beat the egg slightly in another bowl.
4. Add the egg and other ingredients to the gingerbread and cereal mixture.
5. Stir only until combined. Let stand for 15 minutes.
6. Fill 12 muffin cups (well-greased pans or paper liners) 2/3 full.
7. Bake 15-20 minutes or until done in the center.

Nutrition Information

Key Nutrients	Amount	% Daily Value
Total Calories	180	
Total Fat	5 g	8%
Protein	3 g	
Carbohydrates	32 g	11%
Dietary Fiber	1 g	4%
Saturated Fat	0.5 g	3%
Sodium	140 mg	6%